

times at the start, increase the number gradually by adding two per day. You will be lulled into a sweet sleep. It cures your insomnia also incidentally. You will have good digestion, for the diaphragm gives a gentle massage to the viscera. It also cures constipation. After a few day's practice diaphragmatic respiration becomes a habit with you. You also make it a point to take full deep breaths before you begin to speak or argue or sing and take full breaths when you pause and never completely empty your lungs. Keep them refilled again and again.

### Pranayama :

This stands on a higher pedestal than the above mentioned modes of respiration. Pranayama is not a breathing exercise. Through Pranayama the individual controls the all-pervading Vital Force.

చలేవాతం చలంచిత్రం నిశ్చలే నిశ్చలం భవేత్,

యోగీస్థాణుత్వ మాప్నోతి తతోవాయం నిరోధయేత్.

"Chela vatam chelam chittam nischala nischalam bhavat, yogi sthanuthva mapnothi thatho vayum nirodhayeth" (Hattayoga pradipika).

Retention and control of prana or life breath promotes mental equilibrium and spiritual equanimity leading to the yogic states of dharana, dhyana and asmadhi. The eight kinds of Kumbaka Prana yama may be mentioned here to arouse the readers curiosity. (1) Surya Bedha (2) Ujjayi (3) Sitkari (4) Sitali (5) Bastrika (6) Bhramari (7) Murcha (8) Plavani. The aspirant may practise any one of these as a preliminary step for purification of Nadies leading him to the advanced Prana Yama consisting of Puraka (Inhalation) Kumbaka (Retention) and Recheke (Exhalation) in the time ratio of 1 : 3 : 2. For detailed instructions and guidance, the reader may do well to read Swami Vivekananda's Raja Yoga and Sivananda's Yoga Asanas Section V, or get himself initiated by a Guru. Please see appendix

No. 1 also. Every Hindu ought to be ashamed of himself, if he neglects to perform prana Yama thrice daily with the Gayatri Mantra as enjoined by the Rishies. It gives you an entire transformation.

### Nadies :

Coming to Swara Sastra proper, it deals with the science of breathing from a different angle. You are blessed with a nose having two nostrils. You will be surprised if I tell you that you are not using both of your nostrils always in your ordinary respiration. You may be breathing through your left nostril for some time, through your right nostril for some time or through both of your nostrils on some rare occasions. You can become aware of this fact, if you close one of your nostrils. If you happen to close the nostril through which normal respiration is going on, you will be suffocated, because the nostril through which you are breathing is closed and you are not able to breathe through the other nostril. If you close the nostril through which you are not breathing, you will find out that you are freely breathing through the other nostril. In the same way you can find out if you are breathing through both of your nostrils. Many eminent doctors have betrayed their ignorance of these phenomena in respiration.

### Ida. Pingala and Sushumna :

If you are breathing through your left nostril your respiration is termed as Ida or Chandra (Moon). Respiration through the right nostril is Pingala or the Surya (The Sun). If respiration is going freely through both the nostrils it is termed as Sushumna.

<i>Left</i>	<i>Right</i>	<i>Both</i>
Ida	Pingala	Sushumna
Chandra	Surya	Brahma
The Moon	The Sun	